

Liturgy of Hours - Daily Office

Friday, January 9th

Morning: Read Matthew 14:22-33

²² Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³ After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴ and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵ Shortly before dawn Jesus went out to them, walking on the lake. ²⁶ When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

²⁷ But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

²⁸ "Lord, if it's you," Peter replied, "tell me to come to you on the water."

²⁹ "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰ But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

³² And when they climbed into the boat, the wind died down. ³³ Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

Attend: Pay attention to when you feel like you are sinking today and choose to be rescued.

Midday: Read Psalm 71:1-8

¹ In you, Lord, I have taken refuge;
let me never be put to shame.

² In your righteousness, rescue me and deliver me;
turn your ear to me and save me.

³ Be my rock of refuge,
to which I can always go;
give the command to save me,
for you are my rock and my fortress.

⁴ Deliver me, my God, from the hand of the wicked,
from the grasp of those who are evil and cruel.

⁵ For you have been my hope, Sovereign Lord,
my confidence since my youth.

⁶ From birth I have relied on you;
you brought me forth from my mother's womb.
I will ever praise you.

⁷ I have become a sign to many;
you are my strong refuge.

⁸ My mouth is filled with your praise,
declaring your splendor all day long.

Breath Prayer: **Inhale:** You are my hope Sovereign Lord **Exhale:** my rock of refuge
Observe at least 60 seconds of silence.

Evening: Ponder: Where did you allow yourself to trust God today?

Prayer: "Lord Jesus, stay with me, for evening is at hand and the day is past; be my companion in the way, kindle my heart, and awaken hope, that I may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. Amen." (Book of Common Prayer)